

OHIO AL-A-NOTES

Volume 39, Issue 2

Al-Anon Family Groups of Ohio, Inc.
PO Box 54, Springfield, OH 45501-0054

"How has Sponsorship in Al-Anon contributed to your spiritual growth and recovery?"

From your Delegate

Having a sponsor has been critical to my spiritual growth. The first person to give me their phone number I called because I was desperate for help. I asked her to become my sponsor within the first couple months. She encouraged me to be involved in service right away. We talked almost daily as I tried to implement the principles of the program. I "sandwiched" calls before I tried behaving differently and afterwards. My sponsor helped me learn to be close to people again and trust. Sharing my Fifth Step with her gave me a sense of acceptance of myself faults and all. I was eager to get better quickly, and she helped me work through the Twelve Steps in almost as many months. Today I have a different sponsor who helps me with both personal and service issues.

Since that time, I have sponsored several people. Some stick around and others have stopped coming to Al-Anon. My attitude is that they need to want my help, and when they need it, to call or meet with me. I try to listen and if needed suggest some CAL to can read, a slogan to use or a principle of the program to practice. I encourage working the steps, but I let my sponsees do them at their pace. Sometimes my style works for them; sometimes they need another style of sponsorship. Being a sponsor brings great joy from watching someone grow and learning to recover from the effects of alcoholism. It's wonderful to see a smiling face replace a once tearful or despondent face.

Ginny C., Delegate, Panel 55

From your Alternate Delegate

I have had many and used many different spiritual mentors throughout my time in Al-Anon. At first it was the group – I listened to what was shared and slowly began to share at meetings. Then it became individual members, one-on-one, temporary sponsors, gradually becoming one particular person, though that "one person" has changed faces over time. It is through sponsorship that I have experienced unconditional love and forgiveness; gained in the abilities to be honest and humble; learned to act with integrity, to listen with a more open mind, to be more regular with prayer and meditation, and to trust. I have come to understand how to be of greater use to myself and my fellows. My personal and service sponsors have each been different, but all have given me the pragmatic, spiritual guidance I have needed to work this program and hopefully pass it on to others. Sponsoring others has continued to increase my trust in this program. Those whom I have had the honor and privilege to sponsor have returned that trust—which I had at first so skeptically given to this wonderful program.

Theresa M., Alternate Delegate, Panel 55

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2015 Dates to remember:

- KOMIAC July 24-26
- **Fall AWSC Aug 15**
- **Fall Assembly, Oct 17-18**
- **Alateen Fall Rally Oct 24**
- **59th Ohio Area AA Convention**
August 7-9, Holiday Inn Eastgate, Cincinnati
- Fall Into Serenity Sept 25-27,
District 48, Wilmont, Oh
- Gratitude Night, Nov 6 Cleveland
Districts of Cleveland
- **Ohio Area Convention June 24-26,**
2016 Holiday Inn Northeast, Mentor

From your Chairman

Selecting a sponsor was a difficult decision. I wasn't sure how I could share what was really happening in my life. What if I couldn't trust that person to keep my confidence? Before Al-Anon I was fearful that if I shared the things that were bothering me the whole group would know. I knew no one that had the problems I had and needed to find out what I could do to change someone else. I needed someone that would be a friend. That would listen patiently no matter how often I needed to call her to share. I didn't know I needed someone to listen and guide me to find an answer.

Eventually I learned that to keep it I had to give it away. I became a sponsor. My first venture was with short term service, registration at Conferences, helping at meetings, activities that fit into having young

children. Then I became a GR. That led to District service and Area service. Each time I shared what I had learned. I made growth personally. I learned to listen. I learned that I did not have all the answers. Giving it away I learned to accept the things I could not change. I changed and somehow those around changed. My life changed!

Buff N, Chair

Two-Day Fall Assembly
October 17-18

Ramada Toledo Hotel 3536
Secor Road
Toledo, Ohio 4360

Let IT Begin With Me

When anyone, anywhere, reaches out for help— let the hand of Al-Anon and Alateen always be there, and—

Let It Begin With Me.

WSO website —

www.al-anon.alateen.org/members

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From your Secretary

Sponsorship – finally giving my program the “kick start” it needed.

I'd been in the program for a few years, and had moved across the country. I kept in touch with my previous sponsor, but I really needed that “face-to-face” time. Back here, I found there were far fewer men in the program than women, and that was an additional challenge.

I finally found a sponsor through my service work (expanding the circle of my “Family Of Choice”) and had someone to help me work through the 4th and 5th steps. My fears of what my sponsor would say during that 5th step were unfounded – when I admitted some of my “worst defects”, my sponsor's response was just a nonchalant “So?” As my sponsor explained, I wasn't the first person in the program with those specific character defects, nor would I be the last. Positive encouragement was what I needed!

Our relationship has grown, in trust, and I have a “very dear” friend in this journey now – one who I can call, literally day or night. I'd still be stuck in place without the help of my wonderful sponsor!

Phil H Secretary

From your Treasurer

What is the connection between sponsorship and Spiritual growth? Good questions as I think about my response. I came into Al-Anon with Steps 2 and 3 already a part of my life. Most of my life I have wanted to know God, trying to do His will. It has taken me years of searching, reading and being involved in religion to try and find my answers.

I came to Al-Anon in mid-life with a mid-life crisis. I was miserable. I was probably clinically depressed and crying and did not know why. About this time my brother called to tell me he was an alcoholic. I had no clue. A very special person to me, who had been in Al-Anon for a while, said: “you know Al-Anon is for you too”. I had witnessed how her life had changed as a result of her program. Today I believe that my Higher Power came with me to my first meeting and directed me to my second meeting for Adult Children of Alcoholics. It was as if I had found my home.

It took me a long time to gain the courage to ask someone to be my sponsor. I was sure that I would be rejected. When she said yes I was grateful and we spent many hours meeting and talking. She shared her experiences, strength, hope and love. She knows me better than anyone else. She has given me the experience of an intimate relationship with honesty, openness, trust, unconditional love and freedom. I heard her say one day I was a miracle and I believe it!

Today because of the examples in the program, I have begun to sponsor others. The experience often reminds me where I came from and what I have today. I share more at meetings. I know that I am in this program for a reason. It has given me a better relationship with my Higher Power and a better life. My purpose in life today is to live the principles of the program and to pass it on.

Judy A, Treasurer

Sharing from our Committee Chairs

Literature Coordinator

Sharings needed!

<http://al-anon.org/members/parents-grandparents-pamphlet>

<http://al-anon.org/members/intimacy-in-alcoholic-relationships>

Karen M. Literature Coordinator

Public Outreach Coordinator

There is lots of help on line to get you started!!

<http://al-anon.org/members/public-outreach/some-helpful-public-outreach-tools>

<http://al-anon.org/members/groups/public-outreach-for-groups>

Jane E. Public Outreach Coordinator

From your Alateen Coordinator

When thinking about how sponsorship has contributed to my spiritual growth one of the first words that come to mind is TRUST. Many of us come into program unable to trust! I believe for me it was baby steps all the way. First my journey started with trusting my group, individuals in my group, then my Alateen sponsor, to a personal sponsor to trusting a higher power that I could not see, feel or touch. Without taking the steps necessary for me, being unable to trust it would have been impossible to be honest, listen to suggestions and discover a higher power that has given me a spirituality that I could not have achieved on my own. And without a sponsor to help keep me on track, I would lose my serenity and spirituality.

Tina L. OH Alateen Coordinator

TEAM EVENTS

2015 Indiana Team Event Summaries at

http://www.in-alanon.org/Convention/2015_TEAM_Event_Workshop_Results.htm

Kentucky Team Event and 50th Annual Al-Anon Convention

September 25th-27th, 2015 in Louisville, Kentucky at the Crowne Plaza Louisville Airport.

<http://kyal-anon.org/upcoming-events/>

From your Forum Coordinator

Sharings always needed for both The Forum and Al-Anon Faces Alcoholism

<http://al-anon.org/members/individuals/featured-publications/item/116>

<http://www.al-anon.org/pdf/2differentpurposes.pdf>

Christine T Forum Coordinator

Attitude of Gratitude

I am grateful for the opportunity to fill the Review Chairperson job. I will take it as serious as getting every kernel off of my corn on the cob. It will give me an opportunity to practice on skills that I am learning in school and work with my friends in Al-Anon - which is better than cool. I balance my own checkbook down to the penny before I stop. So with that quality and a willing committee, we will not flop. Thank you all who had a voice in appointing me to this position. I hope to make you all proud as I work to fulfill this 3 year mission.

With Love, Merri G, Review Chairperson

District doings

DISTRICTS OF CLEVELAND

Feeling grateful? Looking to grow?
We've got you covered!

Members from groups across the metro Cleveland area will gather together for the **annual Gratitude Night** November 6, 2015 at St. Malachi – 2459 Washington Ave., Cleveland. AA & Al-Anon Tom and Kathleen G. plus an Alateen speak at 7:30 pm. More info on the Ala-Calendar at the Cleveland website www.clevelandal-anon.org. Proceeds to benefit our three service arms.

Looking ahead to 2016, Cleveland will host **“Time to Grow!” - Ohio Area Convention** June 24-26, 2016 at the Holiday Inn Mentor at Rte. 306 & Rte. 2. The OAC is a **FUN** weekend --open to all Al-Anons, Alateens (accompanied by an adult), with AA participation. Friday plans include an Early Bird discussion meeting 4:30 pm, formal opening 7:30 pm, followed by AA & Al-Anon leads. Saturday early risers can catch “Stretching with the slogans” at 7:30 am, then the opening at 9:30 am and Alateen panel with Q & A. There will be a served banquet at 6:00 pm followed by AA & Al-Anon speakers. **Please help us to be good hosts by pre-registering -- whether or not you are staying overnight at the hotel** – so we can plan sufficient meeting space! Hotel rooms are limited, so please book by May 21st.

More info at the Ohio Assembly website www.ohioal-anon.org (on the left hand column, click on “calendar” and scroll to June). You can e-mail us with questions or suggestions at ohioconvention@ohioal-anon.org.

The **43rd Annual Ohio Al-Anon Roundup** will be held Oct. 2, 3 and 4, 2015 at Salt Fork Lodge and Conference Center, Cambridge, Ohio 43725. This is an all Al-Anon weekend. For more details, please contact Karen F. at 440-333-5939 or at kjvf@sbcglobal.net. Registration closes at the end of August.

DISTRICT 48

The 2nd annual "Fall Into Serenity" Conference September 25-27 will be at the Amish Door in Wilmot, OH. The Conference takes the whole Inn. There is a small refrigerator in each room. The price includes a wonderful breakfast and there is a restaurant on the grounds.

We can accommodate about 135. There are 52 rooms in the inn. One to four people can share a room: some with a king size bed and a pull out couch as well as the option for a roll away that is really a wonderful quality bed; others with 2 queen beds and a pull out couch and the option of a roll away bed if needed.

This is a special location and so many Al-Anons as well as myself said this was the most beautiful and restful place that they have ever attended a conference.

A flier has been included in this Volume of the Al-A-Notes

Carol R, District 48

DISTRICTS OF TOLEDO

Alateens hosted a **Spaghetti dinner** on May 1st. Something new this year was a Serenity basket, composed of CAL books, literature and gift cards. In addition, a beautiful handmade quilt was raffled off, and the person winning the 50/50 raffle surprised the Alateens by donating her winnings back to the Alateen Fund. Also, at the Spring Rally in Columbus on April 25th, two of our area teens, Nina and Phillip, were elected to the 2016 KOMIAC Board for the Ohio sponsored KOMIAC. We're so proud of our Alateens.

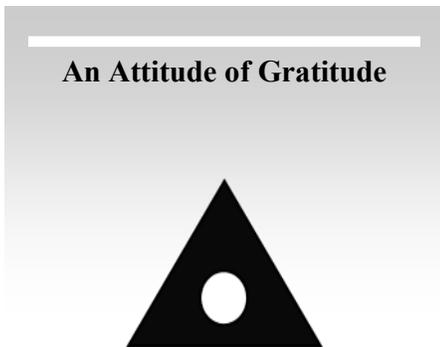
The Districts of Toledo are looking forward to hosting the **Ohio Area Two-day Fall Assembly**. We're looking forward to hearing our State Delegate, Ginny C., give the Saturday night lead following the banquet. We're encouraging our group representatives to attend, as well as Al-Anon members so they can learn more about service in this wonderful fellowship.....

Betty H, District 30 Representative.

DISTRICTS 4 & 9

We have a new Bulletin Coordinator! Sue E. from district 9 has graciously accepted the position to be of service for Districts 4 & 9. She is a long timer that has done many works of service in other capacities, including past bulletin coordinator. If you wish to send any information of upcoming events and meetings please contact her at susiedoowop@aol.com. Please try and get your information into her by the 20th of the month. We thank and are grateful to Talia who has stepped down, because of other commitments for the work of service that she did while serving both districts.

Mary Ellen R. DR #9



<p>Delegate:</p> <p>Ginny C delegate@ohioal-anon.org</p>	<p>Alternate Delegate / Newsletter Editor:</p> <p>Theresa M alternatedelegate@ohioal-anon.org</p>	<p>Area Chair:</p> <p>Buff N chairman@ohioal-anon.org</p>
<p>Secretary:</p> <p>Phillip H secretary@ohioal-anon.org</p>	<p>Area Treasurer:</p> <p>Judith A treasurer@ohioal-anon.org</p>	<p>Alateen Coordinator:</p> <p>Tina L alateen@ohioal-anon.org</p>
<p>Archives:</p> <p>Barbara W archives@ohioal-anon.org</p>	<p>Forum:</p> <p>Christine T forum@ohioal-anon.org</p>	<p>Group Records:</p> <p>Robin R grouprecords@ohioal-anon.org</p>
<p>Literature:</p> <p>Karen Mck literature@ohioal-anon.org</p>	<p>Public Outreach:</p> <p>Jane E publicoutreach@ohioal-anon.org</p>	<p>Review Committee Chair:</p> <p>Merri G review@ohioal-anon.org</p>
<p>Budget Committee Chair:</p> <p>Donna K budget@ohioal-anon</p>	<p>Bylaws & Handbook:</p> <p>Sandra F bylaws@ohioal-anon.org</p>	<p>Compliance / AAPP:</p> <p>Karen P compliance@ohioa-anon.org</p>
<p>Registration Committee Chair:</p> <p>Karen S registration@ohioal-anon</p>	<p>Two Day Fall / OAC Committee Chair:</p> <p>Lee R twodayfall@ohioal-anon.org</p>	<p>Website Committee Chair:</p> <p>Michael K website@ohioal-anon.org</p>

IN KEEPING WITH THE TRADITIONS, PLEASE RESPECT THE ANONYMITY OF THESE INDIVIDUALS

The AI-A-Notes, voice of the Ohio Area Assembly, is published three times a year. All groups registered with Assembly receive a free subscription, mailed to the Current Mailing Address. The World Service Office, Ohio AIS offices, District Representatives, Assembly Officers and Coordinators also receive complimentary subscriptions. Please direct any comments or questions regarding AI-A-Notes to the Alternate Delegate. Please send group information changes to your local AIS, District Representative, the Ohio Group Records Coordinator, and the World Service Office.

EDITOR'S NOTE:

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Please include your **Group's ID number**, including the **District number**, on the check and whether a "plea donation" or "group donation"



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